

HEALTHY EATING STATEMENT

1. Statement

A balanced diet is essential for the maintenance and protection of good health, to ensure that full mental and physical potential is reached each day and to optimise growth and development in children. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

The school food standards set by the DfE are designed to ensure that children have healthy, balanced diets.

The school food standards apply to all maintained schools, and academies that were founded before 2010 and after June 2014.

The following must be provided:

- high-quality meat, poultry or oily fish
- fruit and vegetables
- bread, other cereals and potatoes

The following cannot be provided:

- drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines
- more than 2 portions of deep-fried, battered or breaded food a week

WMAT recognises the importance of a healthy lifestyle and healthy food choices and will comply with the recommendations within the school food plan at all its sites.

Through this policy, WMAT aims

- To make meal/snack times a pleasurable and safe experience.

- To support children and their families by creating an awareness of healthy eating and promoting healthy eating choices.
- Within the school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts, for example through school council's, cookery clubs and general information.

2. Objectives

Working towards ensuring all staff, governors and families embrace the policy in a positive manner.

To integrate the aims of this policy into the Trust's ethos, particularly where food is provided on-site, through children's learning and social interaction.

To ensure that the highest standards of food safety are maintained at all sites.

3. Provision of Food across the School

Studies suggest that pupils who eat a hot meal during the day will have better concentration and focus for learning. To help our pupils we do not allow sugary fizzy drinks or energy drinks on the school site. WMAT employees are encouraged to actively promote healthy eating to help pupils have an understanding of the importance of a balanced diet.

All WMAT schools and other provisions will have access to a hot lunch. Menus are compiled by the Trust Catering Operations Manager with involvement from each school/academy kitchen manager and pupils will be consulted at least once every year. WMAT endeavour to be nut free and do not include any nut or nut ingredients in our cooking, however, cannot guarantee cross contamination before the point of supply.

Parents and carers have the choice of providing their child with a packed lunch or purchase food at school. Wherever possible packed lunches should be provided with a chilled pack to keep food fresh and nutrition guidelines for balanced packed lunches will be made available.

Menus are displayed on the school's website allowing parents to see the variety of meals on offer, special diets are catered for in line with each child's needs, whether cultural, religious or dietary reasons.

4. Promoting Good Practice

WMAT catering staff are encouraged to develop their understanding of healthy eating and regular training sessions provided.

5. Food Hygiene

Please refer to the WMAT Food Safety policy.